



WEEK 3				
Monday	Tuesday VEGGIE DAY	Wednesday	Thursday	Friday
		SOUP		
Red onion and tomato	Leek and potato	Beef Cawl	Curried parsnip	Carrot and coriander
		MAIN		
Seafood and gluten free pasta in a rich tomato sauce with garlic bread	Sausage, creamy mash and caramelized onion gravy	Seafood lasagne and garlic ciabatta bites	Roast chicken, pea risotto served with onion bread	Stir-fry of mackerel, marinated in welsh honey and chilli with seasonal stir-fried veg and rice noodles
<u>Seasonal Fresh</u> Beef and vegetable pie	Veggie mince spaghetti bolognese with garlic dough balls	Live cooking- Home make beef burgers with bacon, welsh cheese and chips	Beef tagine with citrus and herb cous cous	Pulled BBQ pork in a fresh bap and garnish
Flat mushroom stroganoff with steamed rice	Chick-pea and sweet potato korma with rice	<u>Seasonal Fresh</u> Vegetable moussaka	<u>Seasonal Fresh</u> Vegetable, tomato and wholemeal pasta bake with garlic bread	Veggie mince chilli and rice
		ROAST		
Turkey with stuffing and cranberry sauce	Beef with Yorkshire pudding and horseradish sauce	Chicken with traditional stuffing	Pork with stuffing and apple sauce	Ham and parsley
		SWEETS		
Apple & ginger steamed sponge	Manchester tart	Chocolate and brownie tart	Baked cheesecake	Rice pudding